



THE MASSEUR



American
Association



Masseurs
Masseuses

OFFICIAL BULLETIN

JANUARY 1955

DECATUR, ILLINOIS

Schools & College Committee Favor Six Month Training Course

DAY OF SPECIALISTS

More About Schools and Colleges. This Article Written By Roy Street, Member of the Schools & College Committee

After reading your report on Schools and Colleges in the "Masseur" I want to say that I am in accord with your views; except perhaps in one instance. That the course be six months instead of three is my suggestion. Even students with a great natural ability for this work would have trouble learning the human anatomy and the terms for the parts of the body in three months.

As we know, some schools are lax in their requirements and some have become "diploma mills." The school is the place to get the ground work for their profession, and without a good foundation it is difficult to advance very far. Most of the older ones who have obtained a degree of success in our work can point to two important facts. One, that they were naturally adapted to the work, and two, they were fortunate to have someone who helped them by giving them the benefit of their knowledge. In my own case I have

been lucky in that I have received help and pointers from Trainers, Masseurs, Therapists, and a large portion of the knowledge I have I owe to Medical Doctors who helped me. If the schools could see their way clear to include more of these things in the course it would benefit the profession, and of course the public who comes to them. Therefore, I suggest a six months course and then a period of apprenticeship under someone who has been successful. I would like to see the students of the future have better and fuller courses available to them than have had the students of the past.

Sincerity is an indispensable factor. Massage can be of great benefit to man if the Masseur of Masseuse sincerely studies for this work, has natural ability, and is willing to work hard. One of the things I would like to see curbed

(Continued on Page 2)

FLASH

**South Dakota organizes
a state chapter**

Details next issue of Masseur

MOST VALUABLE THING IN WORLD

I am the most desirable thing in life. Without me no one can be healthy, happy, or useful. Without me, the hidden wealth and vast resources of this earth would have no value.

Men and women who try to get along without me are characterless, selfish, undeveloped, useless, and unprofitable members of society.

I am behind every fortune, every art and science, every achievement, every triumph of man.

Rich men and poor men alike often try to find substitutes for me, hoping thereby to secure a larger measure of happiness, peace and satisfaction, but they are always bitterly disappointed. Instead of gain, every substitute for me brings them infinite loss.

As the creator is greater than the creature, so I am greater than wealth, power, fame, learning, or any other acquired possession or quality of man, because I am the source from which he acquired them.

I am WORK. —R&R Magazine

THE MASSEUR

Bimonthly publication of the
American Association of Masseurs
and Masseuses.

Published in Decatur, Illinois
DR. CHAS. W. BROOKS, Editor



President's Message

GOOD HARVEST IN THE NEW YEAR

Having rung out the old year
and cheered in the new, what do
we do next?

We all make brave new resolu-
tions, decide to forget past mis-
takes and firmly declare that
everything is going to be better.
But before the first week is past,
where do we find ourselves? Right
back in the same situations we
thought we had left behind!

No doubt the thing we over-
looked is that just as there is the
start of the New Year, there is
also the start of every day, minute
and second. Right now, right this
very instant, is the beginning of
our future. Not just occasionally,
but on each and every moment we
should bring to bear our full cap-
abilities, for in this moment is the
essence of all that we will exper-
ience tomorrow.

Every idea is a seed planted in

consciousness. Our thought backed
by conviction sets the Creative
Law into action. Wrong doing is
the beginning of tragedy.

We sow for our own good har-
vest with right ideas, right phil-
osophy, and right action. WE must
break the fallow ground of mental
idleness, of spiritual indifference,
and begin the active, daily plant-
ing of the good seed of positive
prayer. We must see that now is
always the time.

We must seek HIM in the day
and the night, seek HIM in our
deeds and our devotions. He will
rain righteousness upon us!

Every day, every hour we must
watch our thoughts. Thoughts are
things, thoughts are seeds planted.
Thoughts are our friends if they
are good, our enemies if they are
not. Good planting is good harvest.
After careless planting there is
no harvest. Weeds planted are a
harvest of weeds.

We must take every good idea
and plant it as seed in our con-
sciousness.

Love, honor, health, joy gener-
osity, loyalty, forgiveness, success,
peace, willingness, patience, cour-
age, praise.

All these good seeds will bring
us abundant harvest.

Ruth Williams
A.A.M.M.

(Continued from Page 1)

is some of the profession who, on
the basis of a course in massage,
calling themselves "specialists" in
one thing or another. One who has
come to my attention calls himself
a heart specialist. If we stay with-
in our own field—and certainly
there is plenty to do there—we
would have more cooperation from
the Medical profession. They
would respect us more if we knew
when a case was beyond us and
send the patient to someone who
could perhaps help them. It re-
quires knowledge to know when
massage is indicated and when
something more is required, per-
haps medicine or surgery. That is
one reason for suggesting a longer

course in school, to give the stu-
dent time to obtain this knowl-
edge.

A longer period of school cer-
tainly has my endorsement. Also
an examination at the completion
as to the student's knowledge,
ability, sincerity, industry, and
honesty.

Please understand that I am not
referring to Universities, or any
school that gives an extended
course of a year or more in Phys-
ical Therapy.

By urging the schools to length-
en their courses, weed out the ones
who do not have the ability, and
the ones who are studying because
they think it will be an easy liv-
ing, the A.A.M.M. can be a great
power for good, aiding in bringing
about something that will be of
benefit to all.

Sincerely yours,
Roy Street,
620 2nd St.,
Havre, Montana

BETTER BE CAREFUL

It is a disappointment to learn
that some of our members have
given the roster or membership
list to those who were not entitled
to receive this information, partic-
ularly those selling physical ther-
apy equipment and other products.
It is very unfair to those of our
advertisers who pay for space in
our publications in order to re-
ceive this information. How much
more loyal and cooperative it
would be on the part of these
members if they would seek to
help secure the advertising from
those who are interested in this
information. We must inform our
members that it is a breach of
ethics and a violation of their
pledge to give information of this
nature to non-advertisers. We can-
not as an organization keep out
of debt without the assistance of
our advertisers. Will you do your
part to cooperate in this matter?

D. S. Carlson, Sec'y-Treas.



FOODS! FOODS! FOODS

Referring to the food and diet chart that appeared in last month's "MASSEUR." How many members would like to have three or four extra copies? I have checked it for accuracy and found it fairly correct in classifying the acid and alkaline ash that food leaves in the body. After all we must remember that food is the source of our energy. It isn't the food we eat—it is the food we digest that counts. That's one reason I think this chart is valuable. It lists only good digestible nutritional foods. All your life you have heard of balanced meals. It is impossible to balance a meal. You must balance your diet, and it takes a cycle of time to balance the diet, five, or six days.

Foods should be eaten in a fairly computable combination in order to nourish the body correctly. To do this we must eat something that grows above, also below the ground at least twice daily. Remembering that we eat to live, not live to eat. Our bodies have a daily task of rebuilding and resupplying itself with the elements that are essential to normalizing its tissues, which also include the blood stream.

Just send a self addressed stamped No. 10 envelope to Roy Street, 620 Second Ave., Havre, Montana.

SMILES

I'd love to have a basket of smiles
And just go up and down the isles
Passing them out here and there
To every one that had a care,
The world would soon be filled
with joy.
There would be one for every girl
and boy and one for Dad and
Mother, too
Who often times are feeling blue,
And wouldn't this be a wonderful
place
With a smile shining on everyone's
face?

The Babblin' Brooks

GEORGIA CHAPTER

The Georgia State Chapter of the A.A.M.M. held the regular Fall meeting in Columbus, Georgia on the weekend of November 6 and 7.

A program for obtaining Massage Legislation was mapped out in preparation for the January Session in Atlanta. Mrs. Valentine Brown had approached the Governor-Elect, Marvin Griffin, regarding the Act and had obtained his promise of support. Having learned a few of the angles in presentation of the bill we came to the conclusion we have a very good chance of success.

Mrs. Nannie Gurley, our State Vice President, was our hostess and made all members attending feel the full warmth of Southern hospitality. A fine Dinner of Catfish and Steak in generous proportions was enjoyed by all nine attending members. All spent Saturday night in Columbus and breakfasted with the Gurleys. In addition to the members there were three visitors.

Glen D. Carlson, Sec'y-Treas.
Georgia Chapter, A.A.M.M.

THE EMPIRE STATE OF THE SOUTH

Georgia is the fourth of the original Thirteen State and the largest east of the Mississippi river. It was visited by DeSoto in 1540. It made up a part of the land granted to the lords proprietors of Carolina (1663 and 1665) and became an independent colony under James Oglethorpe in 1732. Georgia ratified the confederate constitution in March, 1861, and was readmitted to the Union in 1870.

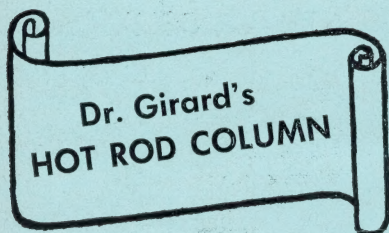
Its motto is "Wisdom, Justice, Moderation." It ranks twentieth in area and thirteenth in population rank of the 48 States.

—O—

When you get discouraged at your job and feel like the smallest pebble on the beach, remember that the "big potatoes are on top of the heap because a lot of little potatoes are in there holding them up."

—O—

The ladder of life is full of splinters that prick when we are sliding down.



THE HISTORY OF OUR PROFESSION

Many operators who employ massage are of the opinion that Swedish Massage is a form of treatment that was formulated by Ling of Sweden, and is, therefore, of comparatively recent date. Actually, the history of our profession is very interesting indeed and will be covered in this column.

Many centuries before the Christian era, the Chinese were probably the first to use massage. Indeed, in Arabia, India, Japan and in many of the South Sea Islands, the use of massage seems to date back further than writing itself. The Romans used massage along with their baths, so that in Bath, England one can still find old Roman baths with massage slabs or tables. The Greeks were also firm believers in massage and Hippocrates, the famous Greek physician, who is called the "Father of Medicine," mentions its value in many of his works.

Pare, in the sixteenth century, recommended passive manipulations along with massage in the treatment of disabled joints and articular conditions. Over a century ago, the French extended its use and gave the manipulations the terms into which many of them became divided, so that we find such nomenclature as "Effleurage," "Petrissage," "Tapotement" — all derived from the French.

The placing of massage on a scientific basis, however, is due to the work of Ling of Sweden, Balfour of Scotland and Grosvenor of London. Ling, of Sweden, established the famous Swedish Institute of Massage and Corrective

Exercise, and did so much to introduce the scientific application of the movements that he has justly been termed the "Father of Swedish Massage." Thus, when we think of Scientific massage, the thought is of Swedish Massage, as introduced by Pehr Henrick Ling.

Although physical therapy has made enormous strides in the last twenty-five years, it is a form of treatment that has been used for several hundred years.

In the use of electrotherapy students sometimes receive the impression that they are dealing with a form of treatment that is comparatively new. Therefore, it is interesting to note that William Gilbert, a British surgeon, who is regarded as the father of modern electrotherapy, published a report of his experiments in the year 1600.

One of the dominant figures we also find in the early history of electrotherapy is that of Jean-Paul Marat. Marat, who earned a doctor's degree in London, became one of the foremost electrotherapists of France; his books and pamphlets on the subject were considered of such a caliber that he was invited to carry on his work at the Court of Russia. Scientists from Leipsig, Stockholm and other centers of Europe vied to assist in his experiments.

It is also interesting that this same Marat became the revolutionist known as "The Darling of the Scum of Paris," actually living in the sewers of the French capital, and finally becoming the blood-thirsty monster of the French revolution who was assassinated by his own men.

Our own Benjamin Franklin experimented with electrotherapy, and some of the writers of his day refer to Franklin as "Dr. Franklin," due, in part to his success with this form of treatment.

One of the first recognized schools of Physical Therapy, strangely enough, was founded in a churchyard in London, England.

The historical background of Physical Therapy and Massage is extremely diverse and filled with such anecdotes, with men from all parts of the world, some of them strange indeed both in background and behavior, men from all levels of society slowly adding to the world's knowledge of our honored field of healing.

Perhaps we do not appreciate the fact that so many men have devoted their lives in order that we may, by simply opening a book, be able to make use of their efforts in furthering our profession.

DO IT NOW!

If with pleasure, you are viewing
any work a man is doing

If you like him or you love him,
tell him now;

Don't withhold your approbation
till the parson makes oration
As he lies with snowy lilies o'er
his brow;

For no matter how he shout it, he
won't care about it;

He won't know how many tear-
drops you have shed;

If you think some praise is due
him, now's the time to slip it
to him,

For he cannot read his tombstone
when he's dead.

More than fame and more than
money, is the comment kind
and sunny,

And the hearty, warm approval of
a friend,

For it gives to life a savor, and it
makes you stronger, braver,

And it gives you heart and spirit
to the end;

If he earns your praise—bestow
it; if you like him let him
know it;

Do not wait until life is over and
he's underneath the clover,

For he cannot read his tombstone
when he's dead.

ANNOYMOUS

A good memory test: What did
you worry about a year ago today.

—O—



OUR NATIONAL OFFICERS

With a Christmas card from the Indiana Chapter I received this picture of the national officers. So I thought the membership might enjoy looking them over. The picture was taken at the national convention held in Davenport, Iowa, in August, right after the installation ceremony.

ILLINOIS

Arthur Melson, secy.-treas. of the Illinois Chapter, spent a day in Springfield recently going over the "Massage Registration Act" with the proper officials there. They included Mr. Warren L. Wood, Speaker of the House and Charles F. Carpenter, Secretary of State. I haven't heard from him to date to learn just what he has accomplished.

—O—

Everything worth while has a wall around it—but always there's a gate and key.

—O—

The happiest people are those who are too busy to stop and wonder if they are or not.

—O—

U. C. Doctor Charges Deaths, Insanity, Ulcers Due to Use of Cortisone in Arthritis Cases

Los Angeles—The deaths of five arthritis patients, two cases of insanity, cases of nervous collapse and peptic ulcers today blamed on the "wonder drug" cortisone by a University of California rheumatic disease specialist.

Dr. Melvin H. Levin, professor of medicine at the university, also charged that cortisone—the popular hormone used in treatment of arthritis—was responsible for numerous suicides.

Speaking at a conference of the American Congress of Physical Medicine in Los Angeles, Doctor Levin said he recalled two cases where patient died as a direct result of the effects of cortisone.

One patient, the doctor said, developed insomnia and the other contracted TB.

Medical cortisone is taken from the adrenal glands of animals and used as a substitute for the secretions of human adrenal glands.

Doctor Levin continued:

"We know that cortisone is a replacement of the usual secretion of the adrenal glands, and if you give cortisone for treatment of disease the adrenal glands will go to sleep.

"Adrenal secretions are necessary to fight sudden stresses (nervous tensions.) The adrenal gland is the gland you depend on in an emergency. The great danger is that a patient who has been on cortisone will not be able to respond to a trying ordeal such as surgery."

As chief of the arthritis section at Wadsworth General Hospital in Los Angeles, Doctor Levin said he knew of patients who became paranoids and depressive psychotics as a result of treatment with cortisone.

Doctor Levin said three other deaths which came as a result of changes in blood vessels and in the kidneys also was brought on by cortisone, but he added he lacked the positive proof that he had in the other two fatalities.

The specialist concluded that damage caused by cortisone is not necessarily irreparable. He said that when the hormone treatment is discontinued, even after a period as long as two years, the adrenal glands have been known to resume their normal function.

—San Francisco Examiner.

Advertisement—

Due to my husband's death, I am offering for sale the following:

- 1 Dierker Colonic Irrigator
- 1 Palmer-Wins Hi-Lo Table
- 1 Massage Table
- 7 Vogt Polorators—new.

Reasonably priced for quick sale.

Phone Kenosha, Wis. Olympic
4-6766 or write

Mrs. Lawrence A. Pofahl
Pleasant Prairie, Wis.

Lady: Did you notice the pile of wood in the yard?

Tramp: Yes, lady, I seen it.

Lady: You should mind your grammar and say you saw it!

Tramp: Lady, you saw me see it, but you ain't seen me saw it.

COMMENT OF A MEMBER

Dear Dr. Brooks,

The purpose of this letter is for me to try to understand something, in the light of experience and knowledge that I have come up against; not in any way criticize or reflect upon the work you are doing, or any one else. And I do realize that you have the hardest kind of job as Chairman of the Schools and College Committee. And let me say that I appreciate it to a degree you will never know.

The question in my mind could be this, "What Is Massage?"

I had a Medical Examiner from our State Capitol one night, that took one of my Massages. He asked me a lot of questions and then he said, "Well, after all you have to know more than a lot of these doctors, or you couldn't get our business." It has always struck me that he had something there!

One of the conventional definitions of Massage is this:

"Massage is the method of conditioning or re-conditioning, relaxing and activation of the muscles, nerves, blood vessels, glands and organs of the human body by scientific stroking, kneading, percussion and manipulation."

Another thing I have witnessed which intrigues me—I saw a woman with heart trouble. Angina, and the Masseur found a little duct about half way between the left nipple and the naval. By the finest "Massage" he drained the "Fluid" from the heart and put the woman to bed. The next day the woman was in as fine a condition as I ever saw her.

A man came in with a bursting headache, I myself inserted my finger in the nose by a process of "Massage" I raised the "Roof bone" of the nose relieving the pressure on the underlying nerve, probably the nerve going to the Pituitary gland, and immediately the headache stopped. I also did a similar thing for toothache on a

day when the Dentists were all closed up, and gave immediate relief.

Also the Spleen. Medical people do have much trouble with the Spleen, and also Asthma. But I have found nerves controlled by "Massage" do something for the relief if not the "Correction."

Many other parts of the body are put "right" in this manner.

I am aware of the kind of "Conditioning or Re-conditioning" done in Athletic Clubs—and each one teaches the kind that, that kind of boss wants taught, and schools have little effect on that system. And I feel we must do better than that to justify our existence.

Dr. Wendell puts out a book, much of it is copied from Kellogs "Art of Massage" which he calls DRUGLESS SURGERY—in this book he tries to explain the replacing of viscera, relieving of PROLAPSED CONDITIONS—

Our good Mr. Carlson has told us that he desired to "Classify" Massage and sent us a questionnaire.

"What is the Scope of Massage? —What have we got that no one else has? as a profession?"

I don't know any one more qualified in my opinion to deal with this question than you!

However I feel that No Massage School should give an outright DIPLOMA on Massage until the Massage Technician has been in the profession for six months and proved that he or she could make a success of it, or at least he could continue in the work a creditable length of time, and make a living at it.

On graduation they could give a certificate, and after 6 months they could give a Diploma, upon writing a 10 page brief "On what they had learned about Massage after leaving Massage School."

After all—School to me doesn't mean just a "STARTING PLACE" It means a PERMANENT CONNECTION which will be my source of strength in my profes-

sion all my life, and that I can go there each time I feel myself slipping and get renewed—help, and learning.

Milton A. Niedfelt.

THE FAITHFUL FEW

When the meetings called to order
And you look around the room,
You're sure to see some faces that
From out the shadows loom;
They are always at the meeting,
and

They stay until it's through—
The Ones that I would mention
are

The Always Faithful Few
They fill the many offices, and
Are always on the spot,
No matter what the weather,
though

It may be awful hot;
It may be dark and rainy,
But they are tried and true—
The Ones that you can rely on are
The Always Faithful Few
There are lots of worthy members
Who will come when in the mood,
When everything's convenient,
they

Can do a little good;
They're a factor in the meeting,
And are necessary, too—
But the Ones who never fail us are
The Always Faithful Few
If it were not for these faithful,
Whose shoulders at the wheel
Keep the institution moving,
Without a halt or reel;
What would be the fate of
meeting,

Where we have so much to do?
We never could succeed but for
The Always Faithful Few.

Author Unknown.

WELCOME—The thing we like
most about Spring—it always
comes just when it's most needed.

—O—

Brilliant minds are polished
daily by the grind of hard use.

—O—

A bachelor is a rolling stone
who gathers no boss.

—O—

GRAND FORKS B. C.

Had a line from member Lillie M. Fee in this far off corner of the world. She states she likes to receive the Masseur and reads it from cover to cover. Thank you Lillie, for your letter and gift. Will be thinking of you away up there as I make up future issues.

HEALING HANDS

If half as much scientific research had been expended on the principles governing manual treatment as upon pharmacology, the hand would be esteemed today on a par with drugs in acceptability and power. No single therapeutic agent can be compared in efficiency with this familiar but perfect tool.

Dr. J. Madison Taylor,
Professor, Temple Univ.

STATEMENT OF POLICY OF THE A.A.M.M.

It is the purpose of the A. A. M. M. and its members to work with, and cooperate with other healing professions amicably, but to be subservient to none.

The A. A. M. M. and its members recognize its own limitations, but in the same token is fully aware of its wide field of usefulness in relation to most bodily infirmities.

The A. A. M. M. and its members will recognize and respect all ethical practitioners, and will comply and follow prescriptions sent with referred cases unless otherwise arranged or modified with the consent of both parties.

The A. A. M. M. and its members reserve the right to accept patients for treatment without prescription within the full scope of its possibilities not conflicting with state laws.

—O—

Nowadays the collar dinner is served on white or rye.

GREATNESS

The human pattern that makes men great is simple but as unrelenting as a plaster cast. It is made of habits that bind and condition action in the proper direction.

Washington stands out because he did things he didn't have to do; Lincoln is a good guide because of his homespun philosophy explaining why he did his acts of greatness.

Hundreds of men at Valley Forge had never known anything other than hardships. Not so with Washington, for the accustomed warmth of his Virginia home beckoned to him through the colds of Pennsylvania. He did the job because he was social-minded and could see his responsibility. Seeing his duty was a command, and he obeyed.

Remember how Lincoln answered his colleague who complimented him upon his pulling the pig out of the mud, calling it "an unselfish act." That was a very selfish act," said Old Abe; "I couldn't have closed my eyes without seeing that pig in his hopeless condition."

Greatness is the reward of doing our duty as we see it every day.

Religion is meant to be bread for daily use, not cake for special occasions.

—O—

There isn't much fun in medicine, but there's a good deal of medicine in fun.

—O—

'Twould be less strain on the common man's health—

If he could keep more of the common wealth.

—O—

Keep your fears to yourself but share your courage with others.

—O—

The future usually has in store exactly what's been placed in store for the future.

—O—

MINUTE MEDITATIONS

Martha Norris McLeod

Pain adds rest unto pleasure, and teaches the luxury of health.

Half our diseases come from neglect of the body and overwork of the brain. This wear and tear goes on without pause or self-pity.

Taking medicine is often only making a new disease to cure or hide an old one.

In sickness the soul begins to dress herself for immortality. First she unties the strings of vanity that made her upper garments cleave to the world and sit uneasy.

The disease and its medicine are like two factions in a besieged town; they tear one another to pieces, but both unite against their common enemy—Nature.

Diseases are the penalties we pay for over-indulgence, or for our neglect of the means of health.

It is with disease of the mind, as with those of the body; we are half dead before we understand our disorder, and half cured when we do.

—O—

Laziness grows on people; it begins with cobwebs and ends with chains.

—O—

A lot of good could be done for the world if nobody cared who got credit for it.

—O—

A successful man is one who has tried; not cried; who has worked, not dodged; who has shouldered responsibility, not evaded it.

—O—

Beware of the girl who is a knockout, she is sure to have had some ring experience.

—O—

Glands have a lot to do with success — particularly sweat glands.

—O—

One of the nice features of old age is that you can whistle while you brush your teeth.

Help make the

**American Association
Masses and Masses**

Known to All America,
\$1.25 to all members.

DISPLAY THIS EMBLEM



on your stationery and literature.

ATTENTION ALL MEMBERS

You Can Now Get

MALPRACTICE INSURANCE

Reasonable Rates

Write

Order from D. S. CARLSON
203 East Second Avenue
Rome, Georgia

Glasses affect vision, particularly when they have been emptied several times.

—O—
Don't be an "eager beaver"—
beavers sometimes get skinned.

O woman's whim is ever this,
To snare a man's reluctant kiss,
And snaring it, to make him
pant

For things that nice girls never
grant.

Too many cooks spoil the ice-
man.

No Pain, No Palm; No Thorns,
No Throne; No Gall, No Glory;
No Cross, No Crown.

ADVERTISEMENT

**A PROSPEROUS NEW YEAR TO
ALL MEMBERS OF THE A. A. M. M.**

Thanks to many of you that are having so much success dispensing "ULCER AID" to your patrons. Your orders and re-orders are a wonderful testimonial of the value of "ULCER AID" for the relief of constipation and the many obstinate gastro intestinal disturbances. "ULCER AID" is available to every member and will help you help your patients get marvelous relief and pay you a nice profit besides.

One pound of "ULCER AID", which is a month's supply for one person, retails at \$6.95. The cost to you is as follows:

One pound	\$ 4.00
Six pounds at \$3.75	22.50
Twelve pounds at \$3.50	42.00

Order now and help yourself to good profits while you help your patrons to good health. All orders are shipped the day they are received. If your check accompanies the order, I will pay the postage. "ULCER AID" must please or your money will be refunded by return mail.

My sincere wishes for the continued success of our great organization and to all its members.

MAC MULCHY
Route No. 3
Columbia, Missouri

"You can't escape the responsibilities of tomorrow by evading them today."

Razors are pain
Rivers are damp
Acid will burn you
Guns are unlawful
Nooses will give
Gas smells awful
Might as well live.

—By Dorothy Parker

Patient: "Doctor, are you sure this is pneumonia? Sometimes doctors prescribe for pneumonia and the patient dies of something else."

Doctor (with dignity): "When I prescribe for pneumonia, you die of pneumonia."

If money grew on trees, there'd be no trouble getting out of the woods.

Like refrigerators, people need defrosting occasionally.

—O—